

Managing Lymphedema in the Head and Neck

Manual lymphatic drainage (MLD) is one way to increase the flow of lymph fluid in your body and keep lymphedema from getting worse.

What is manual lymphatic drainage?

Manual lymphatic drainage (MLD) is a very light and gentle type of massage. It helps move the lymph fluid and stop swelling.

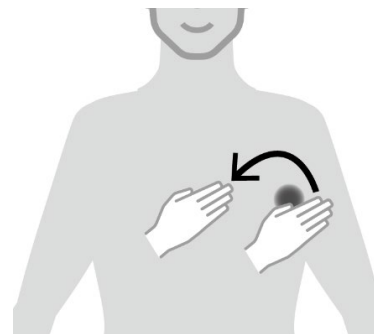
How do I do MLD?

Follow the steps here.

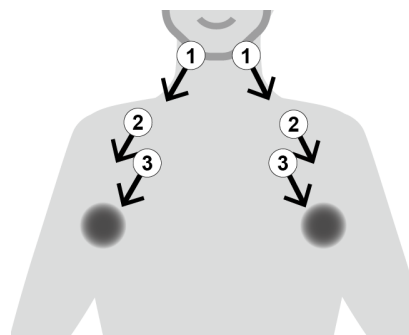
1. Shoulders. Lift your shoulders up toward your ears, then roll them down and back. Do this 10 times.
2. Right armpit. Place your left hand in your right armpit. Gently stretch the skin toward your heart in an arc motion, then release. Do this 10 times.
3. Left armpit. Place your right hand in your left armpit. Gently stretch the skin toward your heart in an arc motion, then release. Do this 10 times.
4. Neck and chest. Follow these three steps.

- 1) Place both hands on the sides of your neck. Gently stretch the skin toward your collar bones. Repeat 10 times.
- 2) Place your fingers on your collar bones. Gently stretch the skin toward your armpits. Repeat 10 times.
- 3) Place your fingers 4-5 inches lower than your collar bones. Gently stretch the skin toward your armpits again. Repeat 10 times.

5. Face and neck. Ask your care team what kind of face and neck massage is right for you. Write down the instructions here and/or draw it on pictures 5a and 5b:



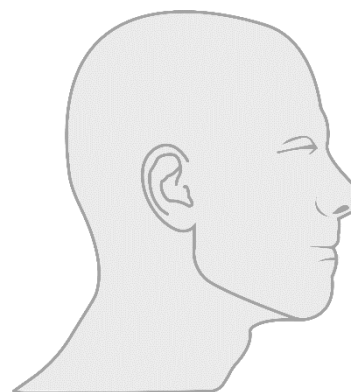
Step 2 and 3



Step 4



Step 5a



Step 5b